

online class part - 2
class - VI subject - Science

Seeds \Rightarrow A variety of seeds are used as food. These seeds are cereals, such as rice, wheat, barley, maize, bajara etc. These are rich sources of energy and constitute the staple diet. Legumes are also another important category of seeds.

Their protein content is richer than any other plant product.

The common legumes used as food are soyabean, pea, black gram, pigeon pea, cow pea, gram etc.

Different types of seeds used as food

Cereals	Legumes	Dryfruits	spices
Rice	Soyabean	Cashewnuts	Cardamom
wheat	Pea	Groundnuts	Fenugreeks
Maize	Black gram	Peanuts	Mustard
Bajara	Cow pea	Almonds	Cumin

Cashewnuts, groundnuts, peanuts, almonds and other fruits are seeds used as dry fruits. The seed like almonds, peanuts, mustard and groundnuts, etc are also the good sources of oil. Some seeds are also used as spices, such as cardamom, fenugreek and mustard etc.

Animals as source of food.

Animals also provide important food item. For example milk, meat, oil, eggs, honey etc. Now know more about these food products.

Milk → The milk producing animals are called milch animal. These are cow, buffaloes, goats and camels. The camel milk is mostly used in Rajasthan in India. The common milk yielding animals are cow and buffaloes. Buffalo milk is more nutritious as compared cow's

Meat → Goat, sheep, pig, fish and poultry, birds etc. are good sources of meat. Goat meat is called mutton and is very popular. Pig meat is called pork. Fish are also the major sources of proteins. People living in coastal areas also depend on seafood like marine fish, crabs, prawns, etc.

Eggs:

Birds such as hen and ducks are good sources of eggs. They are known as poultry birds. Eggs are the rich sources of proteins. The large scale production of eggs is carried out in poultry farms.

Oils →

Fish are good sources of meat as well as oils, such as cod liver oil. It is very nutritious and good for health. The large scale production of

Honey:

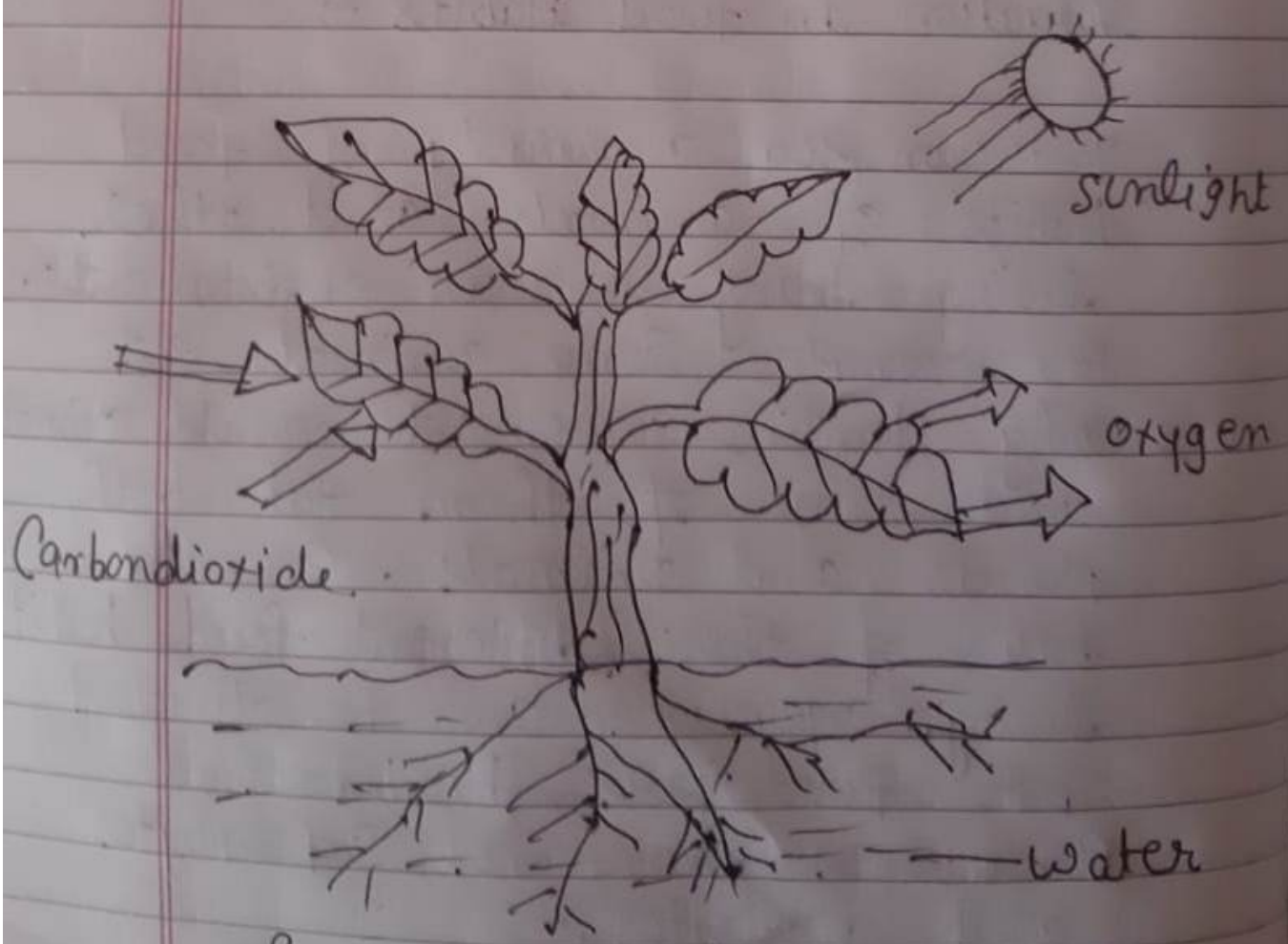
Honeybees produce honey which has great medicinal value. It contains water, sugar, minerals and enzymes. It is commonly used in treating cough and cold. The rearing of honeybees in large scale to produce honey is called Apiculture. The place for rearing honey bee is called apiary. Honeybees collect the nectar from flowers and prepare honey in their nests called beehives.

Variation in food Habits →

You can see a variety of food habits of animals and other living being in our environment. For example, some animals eat only plant, some eat small animals and some of them eat both plants and animals. On the basis of these different food habits living organisms can be divided into producers, herbivores, Carnivores, Omnivores, Saprophytes and Parasites.

Producers.

Green plants are called producers because they prepare their own food. All the green plants like, neem, Mango, peepal etc. you can see around your locality, prepare their own food. They need sunlight, water, carbon dioxide to prepare their own food. The process of preparing food by plants is known as photosynthesis (photo = light and synthesis = produce) it means preparation of food in the presence of sunlight.



Process of Photosynthesis.

Herbivores →

Some animals like the cow, goat, buffalo, horse, donkey, elephant etc., eat only plant or plant products, these are called herbivores.

Carnivores → Animals like lion, tiger, lizard, frog, eat other animals, these are called Carnivores.

Omnivores → The omnivores eat both plant and animals such as human beings, crow, dog, cockroach, sparrow, ant etc., these are called omnivores.

Saprophytes →

Some organisms feed on dead and decaying organic matter, these are called Saprophytes, such as bacteria, mushroom etc.

Exercise

Answer the following question

- [1] Read the given passage carefully.
- [2] Find the Hard word and write their meanings.
- [3] Define photosynthesis.
- [4] What is the use of poultry farms.
- [5] Give four examples of cereals and legumes.
- [6] Write the four points about the importance of food.
- [7] Write a note on honey.
- [8] Differentiate between carnivores and omnivores.

Project Activity

- [1] Find out at least ten state in India and make a chart of their preferred food items and the ingredients used in them.